

Association of sleep quality with watching TV, computer games and caffeine intake in adolescents of Minoodar district, Qazvin

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*Abstract

Background: Insufficient sleep or poor sleep quality affect learning, memory and performance and cause behavioral disorders. Watching television (TV), using computer and internet, playing computer games, and caffeine intake are of factors affecting sleep quality.

Objective: The aim of this study was to determine the association of sleep quality with watching TV, computer games and caffeine intake in adolescents of Minoodar district, Qazvin.

Methods: This cross sectional study was conducted in 319 adolescents (10 to 18 years old) that were selected by multistage cluster random sampling method during 2010-2011. Demographic data and data on duration of playing computer games and watching TV were collected. Food frequency questionnaire and BEARS questionnaire were completed. Data were analyzed using Chi-square test, logistic regression analysis and ANOVA.

Findings: Mean age was 15 ± 2.43 years. Of 319 adolescents, 162 (50.8%) were female. The duration of watching TV or video was not significantly different between boys and girls. The duration of playing computer or video games was statistically different between boys and girls. There was no correlation between sleep quality and duration of watching TV or videos in a day, duration of playing computer or video games in a day, and caffeine intake in adolescents.

Conclusions: With regards to the results, it seems that there is no association between sleep quality and watching TV, playing computer games and caffeine intake.

Keywords: Sleep, Caffeine, Video Games, Adolescent

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